

Renewing the Mind Thoughts

The Mind-Heart-Mouth Connection (Part 1: Thoughts)

God has made us powerful! The challenge is very few of us know or accept this. By the time our clients reach out to us they have likely been struggling for a long time. They often feel exhausted and powerless over circumstances (victim).

When we look outside ourselves for answers we are setting ourselves up for frustration. Waiting for people and circumstances to change in order for us to be happy is an effort in futility. The truth is we cannot change others. We can only change ourselves.

Clients must be led to direct their focus on the internal things they CAN change. Jesus focused on the heart, mind, and mouth.

It is also important to understand that our thoughts are not neutral. **They are either faith (love) or fear (lie) based**. Every thought has a frequency and **produces fruit**. Our thoughts are an attractive force drawing people and circumstances into our life.

> *"Keep thy heart with all diligence; for out of it are the issues of life"*
> *~Proverbs 4:23 KJV*

> *"As a man thinketh in his heart so is he" ~Proverbs 23:7*

> *"That which I feared has come upon me" ~Job* 3:25

Equipping our clients with an understanding of the scripture and science of the **mind-heart-mouth connection** will equip them to move from victim to powerful daughter of God.

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Using God's toolbox:

1. **THINK**: Everything begins with a **thought**
2. **FEEL**: Put into effect by our **feelings**
3. **SPEAK**: Manifested by our **words**

Learning to Think: What the Bible says

Most of us have not learned how to think. Most individual's thoughts are random and chaotic. They believe thoughts just happen and are not in our control. They do not control their thoughts. In most cases, their thoughts, which are usually fear and lack based, have been running them.

Scripture teaches that a battle against the truth occurs in the mind. We are called to take every thought captive and train our mind to focus on that which is true, pure, and lovely. Transformation happens through the progressive renewing of our mind.

> "*The weapons of our warfare are not physical…divinely powerful… We are demolishing arguments that set themselves against the truth….We are destroying sophisticated arguments…and we are* ***taking every thought captive***." *~2 Cor. 10:5 AMP*

> "*Whatsoever is true…pure…lovely….FIX your minds on these…" ~Phil 4:8 KJV*

> "*Be transformed by renewing of your mind*" ~Rom 12:2 KJV

When we allow our thoughts to run us, we often suffer. Thoughts that are focused on the past often carry guilt, shame, regret, and remorse.

Thoughts focused on the future have the potential to carry fear, doubt, and anxiety.

> "So **do not worry about tomorrow**; for **tomorrow will worry** about itself, each day has enough trouble of its own." ~Matt 6:34 AMP

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Thoughts: The Science

I. **Epigenetics** – have shown it is not our genes that determine many things in our life but gene expression. (Like an on/off switch) Our thoughts and emotions influence gene expression

II. **Neuroplasticity** – Neuroplasticity: the ability of the human brain to structurally rearrange itself in response to a wide variety of positive and negative events. Neuronal changes can take place in literally a matter of hours.

- Worshiping and meditating for 12 minutes a day, delays the diseases of aging and reduces stress and anxiety
- Shrinking brain (McGill Univ.) showed those with a negative self esteem actually decreased the size of their brain.
- Meditation increases both the thickness of gray matter and gyrification (the number of folds). The number of axions increased after only two weeks of meditation. There was an increase in myelin after only one month.

III. **Psychoneuroimmunology** – there is a relationship between our thoughts and our immune system and health

Tool #1 - Learning - Listen to Think, Feel, & Speak Your Way to Health & Prosperity Audios

Tool #2 - Application - Journal key takeaways

Tool #3 - Awareness - Journal thoughts throughout the week. Make a note of your thoughts throughout the day. Which thoughts reoccur often.

Tool #4 - Renewing Mind - Put your thoughts through the Phil. 4:8 test. Are they true? Lovely? What fruit does that thought produce? How do you

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feel when you believe that thought? What does it cause you to do or not do?

Tool #5 - Renewing Mind - How would your life be different if you chose to let go of that thought? Who would you be without that thought? Are you willing to choose release that thought? Next time that thought appears, deny access the same way you would a delivered package that doesn't belong to you. Say,

"***I know you – you cause me to feel _____and keep me from doing _____" You are not mine. Return to sender! Address unknown!"***

What is Coaching Success?

- Client understands the power of his/her thoughts.
- Client is open to learning new ways of thinking.
- Client begins to be more self-aware of his/her thoughts (including where they originate and the fruit they produce).
- Client listens to Think Feel Speak audio course and journals.

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